

## ABSTRACT

Provided are oil-cooked or baked potatoes having a small water content, having good texture, having good storage stability, for example, being crispy even after the passage of time and free from deterioration in taste due to a rancid odor of the oil or fat used for them, having good flavor and being excellent in blandness.

Oil-cooked or baked potatoes of the present invention comprise 3 to 50 wt.% of an oil or fat composition containing 2 wt.% or less of a monoglyceride and 15 wt.% or greater but less than 50 wt.% of a diglyceride having, as a constituent fatty acid, 15 to 100 wt.% of an  $\omega$  3 unsaturated fatty acid having less than 20 carbon atoms.